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Vibrant Life: Restore the roots of Health Archives Available

July 24th 2013: Sleepless and Overweight: are these two modern life trends interrelated? How to overcome the silent epidemic with Dr. Lu, MD, PhD and Dr. Carter, DC, ND

If you have trouble falling or staying asleep, or you wake up feeling unrefreshed, you may be suffering from insomnia. As many as 75% of Americans have reported that they have trouble sleeping. At the same time, more than 61% of Americans are now considered overweight or obese. Recent studies have shown that there may in fact be a strong link between the two. Join Dr. Lu and Dr. Carter in this episode as they discuss how to sleep like baby again and wake up refreshed, with great metabolism and energy.



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